

CIBARIA MARKET MENU



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IMMUNE BOOST SOUPS \$14/Qt

*all soups are vegan/gluten free/ nut free

- Celery Root -p
- Turmeric Roasted Cauliflower -p
 - Chick Pea Chili
 - Sweet Pea
- Butternut Squash -p

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Coconut-Curry

- Cannellini Bean
- Chipotle Black Bean
- 'Creamy' Broccoli



VEG SIDES

*all sides are vegan/gluten free

- Balsamic Roasted Brussel Sprouts -p
 - Wok Seared Bok Choy
 - Medicinal Mushroom Medley -p
- Turmeric Roasted Cauliflower -p
 - Maple-Dijon Carrots -p
- Creamed Spinach and Baby Kale
 - 'Creamed' Corn non-gmo
 - Lemon Tahini Broccoli -p



SUPERFOOD SALADS

Baby Kale Caesar **\$20 v/gf/nf**

Acia Wild Rice with Pomegranate,
Goji, Spiced Pumpkin Seeds **\$18/Qt v/gf/nf**

Brussel Sprout Slaw with Apples
and Cranberries **\$15/Qt v/gf/nf/p**

- Sprouted Lentil Salad **\$16/Qt v/gf/nf**
- Lacinado Kale Salad- Pickled Cherries, Goji, Pistachios
\$20 v/gf/p
- Beet Salad with Spinach, Oranges and Walnuts **\$20
v/gf**
- Cibaria Detox Salad – Broccoli, Chick Peas, Cabbage,
Almonds, Chia, Avocado – Lime Dressing **\$16/Qt v/gf**
 - Buddah Bowls: **\$20 v/gf**
 - Poke Bowls: **\$20 v/gf**

- Tofu Bowl: Brown Rice Noodle, Sesame Ginger Tofu, Edamame, Carrot Ribbons, Red Cabbage, Cucumber,
 - pickled ginger
- Tomato-Watermelon Bowl: Brown Rice, Tomato, Watermelon, Cucumber, Cabbage, Avocado
 - *v-vegan gf-gluten free nf-nut free p-paleo



ENTREES

- Vegan Lasagna with Wilted Greens and 3 Cheeses **\$26**
v/gf/nf serves 4
- Eggplant Rollatini with Pine Nut Romesco- stuffed with
vegan cheeses and power greens **\$25 v/gf serves 2**
 - Jackfruit Burritos – Brown rice, Pinto beans, red
onion **\$24 v/gf/nf serves 2**
 - Shepherds Pie – Vegan ground crumbles, Sweet Peas,
Garlic Mashed Potato **\$25 v/gf/nf serves 4**
 - Cauliflower Fried ‘Rice’ **\$20 v/gf/nf/p**
- Fire Roasted Poblano and Black Bean Enchiladas **\$16**
v/gf/nf
- Spinach, White Bean, Corn Enchiladas **\$16 v/gf/nf**
 - Lentil Mushroom Masala **\$24 v/gf/nf serves 2**
 - Vegan Lomein **\$20 v/gf/nf**
 - Harissa Spiced Portabello Tacos **\$26 v/gf/nf**
- Zucchini Spaghetti-Oven Roasted Grape Tomatoes with Pine

- Nut Parmesan \$20 v/gf/p
- Vegan Lettuce Wraps \$18 v/nf
- Mushroom White Bean Meatballs over Wilted Chard/Romesco
Sc \$25 v/gf

DESSERTS

- Chocolate Chip Cookies \$2 ea gf
- Whoopie Pies \$4 ea v/gf

Check out our [Cibaria Market Menu](#) and our
[Family Friendly Menu](#)

minimum delivery \$100

Any items with nuts, can be prepared
without. Please specify any food
allergies when ordering.

TO PLACE ORDERS:

Contact Chef Lisa Smith 404-422-6470

[Email Lisa](#)

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